



Le Tour 2006: Daily Analysis Report

Stage: **Strasbourg to Strasbourg, 194.5 km** Sunday, July 2nd

Floyd Landis Temp: 84 °F / 29 °C Humidity: 45 % Heat Index: 84.1 °F / 28.97 °C

Stage Results: 194.5 km 4:12 hr 27:3 min 27.3 km/hr GC Results: 194.5 km 4:12 hr 27:3 min 27.3 km/hr

Place: 46 Time: 4 hrs 10 min 0 sec Gap: 0 min 0 sec Place: 9 Time: 4 hrs 18 min 26 sec Gap: 0 hrs 0 min 9 sec

Race Notes: Today the guys just cruised. It was on the warm side and the racing was a bit nervous but all in all it was a pretty chill day for all involved. No comment from Floyd except that it was really easy.

Power, RPE, Heart Rate, Work, RPE vs. Power, HR vs. Power

	Power when Moving		Power when Pedaling		Strain		Work or Stress in Kjoules From:			RPE	HR
	Watts	Watts/kg	Watts	Watts/kg	RPE	HR	Power	RPE	HR	Pwr	Pwr
Today	205	2.92	250	3.56	3.5	NA	3,075	3,113	NA	1.01	NA
Tour Avs											
Tour Min											
Tour Max											
Today	291	2.83	256	3.6	4.4	NA	3815	3644	NA	1.21	
Tour Avs											
Tour Min											
Tour Max											

Power Distribution

	Zero Watts		Per Kilogram of Body Weight													Relative to RPE (1-10)													
	%	min	Time (%)									Time (min)				Time (%)			Time (min)										
			0-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	>9	0-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	>9	<H	H	>H	<H	H	>H	
Today	17.9	44.8	24.1	14	16.7	15	12	8.2	5.2	2	1.3	1.6	60.25	35.5	42	38	28.75	20.5	13	5	3.25	4	70.2	19.7	10.1	175.5	49.25	25.25	
Tour Avs																													
Tour Min																													
Tour Max																													
Today	21.5	53.8	28	13	16.1	15	11	7.38	4.65	2.35	1.3	1.5	70	32.5	40	37	27.75	18.5	11.6	5.88	3.2	3.8	71.6	18.4	19.6	179	46	49	
Tour Avs																													
Tour Min																													
Tour Max																													

Peak Power Output

	Average Power (watts)								Distance from Start (km)								Surges			Hydration & Energy Status									
	Sec		Min		Hour		Sec		Min		Hour		# of Surges > than a W/kg of:			Weight (kg)			Bottle Count	Sweat Loss (l)									
	5	30	1	5	10	30	1	5	10	30	1	5	>6	>8	>10	Pre	Post	Δ	% Δ	%	Kcals								
Today	957	853	628	496	369	315	252	NA	181	181	6.4	6.1	3.7	175	158	NA	316	99	41	70.3	70	0.3	0.4267	10	5.1				
Tour Avs																													
Tour Min																													
Tour Max																													
Today	948	612	494	362	320	244	214	NA	151	95	95	93	132	120	59	NA	289	113	39	Est	Sweat Rates	%							
Tour Avs																					Loss (l)	l/hr	l/mjoule	GME	Kcals				
Tour Min																					4.15	1.22	1.66	24	3060.797898				
Tour Max																													

Climbs and Special Features

Climb/Feature:	Start (km)	Total Elevation Gain: 1346 meter / 4415 feet				Calc Grade	Net Elev	Total Gain	Time (hr:min)	Speed km/hr	VAM m/hr	Estimated Power				Actual		% Diff		
		Top (km)	Total Elev	% Grade	Calc Grade							Roll	Aero	Grav	Total	Power	Time			
1. Cote de Heiligenstein (4)	100.4	101.5	1.1	4.1	4.10	244.9	290	45.1	2	11	30.22901	1239	32	110	261	402	361	88	10.27199917	



Page: 2 Obernai to Esch-Sur-Alzette, 228.5 km Monday, July 3rd

Floyd Landis Temp: 88 °F / 31 °C Humidity: 45 % Heat Index: 89.4 °F / 31.86 °C

Stage Results: 2:57 hrs 30.8 km/h 25.3 mph GC Results: 4:20.1 hrs 19.9 km/h 12.4 mph 76.3 mph

Place: 30 Time: 5 hrs 36 min 14 sec Gap: 0 min 0 sec Place: 11 Time: 9 hrs 54 min 40 sec Gap: 0 hrs 0 min 21 sec

Race Notes: Today was really similar to yesterday. Floyd felt it was really easy, except for the fact that it felt a lot hotter today despite the temperature not actually being that different. Lots of solar radiation. Seemed like more work on hills. Floyd says he drank 20 bottles. Forgot weights. No GPS.

Power, RPE, Heart Rate, Work, RPE vs. Power, HR vs. Power

Table with columns for Power when Moving, Power when Pedaling, Strain (RPE, HR), Work or Stress in Kjoules From (Power, RPE, HR), RPE Pwr, HR Pwr. Rows include Today, Tour Avs, Tour Min, Tour Max for both Rides.

Power Distribution

Table with columns for Zero Watts, Per Kilogram of Body Weight (Time % and Time min), Relative to RPE (1-10) (Time % and Time min). Rows include Today, Tour Avs, Tour Min, Tour Max for both Rides.

Peak Power Output, Surges, Hydration & Energy Status

Table with columns for Average Power (watts), Distance from Start (km), # of surges > than w/kg of, Weight (kg), Bottle Count, Sweat Loss (l). Rows include Today, Tour Avs, Tour Min, Tour Max for both Rides.

Climbs and Special Features

Table with columns for Climb/Feature, Start (km), Top (km), Total (km), Calc Grade, Start Elev., Top Elev., Total Gain, Speed, VAM, Estimated Power (Roll, Aero, Grav, Total), Altitude, % Diff. Rows include 1. Col des Pandours (3), 2. Col de Valsberg (3), 3. Cote de Kedange (4), 4. Cote de Kanfen (4), 5. Cote de Vomerange (4), Big Surge Late in Race, Last 3.5 Kilometers (Spiky).



Le Tour 2006: Daily Analysis Report

Stage: 7. Esch-Sur-Alzette to Lukenburg, 216.5 km Tuesday, July 4th

Rider: **Floyd Landis** Temp: 95 °F / 35 °C Humidity: 45 % Heat Index: 102 °F / 38.83 °C

Stage Results: 216.5 km 43.0 km/hr 21.0 mph GC Results: 636.6 km ridden 12.5 km/hr 78.1 mph

Place: 44 Time: 4 hrs 57 min 59 sec Gap: 0 min 5 sec Place: 7 Time: 14 hrs 52 min 39 sec Gap: 0 hrs 0 min 16 sec

Race Notes: Today was super hot. John says the temp from the car read 37 °C. It was also really up and down today with much harder efforts for all of the riders. We rode through Bastogne and into Liege today as well. Historic stuff.

	Power when Moving		Power when Pedaling		Strain		Work or Stress in Kjoules From:			RPE	HR
	Watts	Watts/kg	Watts	Watts/kg	RPE	HR	Power	RPE	HR	Pwr	Pwr
Today	222	3.18	276	3.96	4	NA	3,969	4,066	NA	1.02	NA
Tour Avs	205	2.95	259	3.7	3.73	NA	3,668	3,806	NA	1.03	NA
Tour Min	195	2.81	250	3.6	3.5	NA	3075	3113	NA	1.01	NA
Tour Max	222	3.19	276	3.97	4	NA	3969	4187	NA	1.06	NA
Today	214	3.07	275	3.9	4.5	NA	3856	NA	NA	NA	NA
Tour Avs	201	2.88	262	3.8	3.44	NA	3614	NA	NA	NA	NA
Tour Min	186	2.73	249	3.5	3	NA	2925	NA	NA	NA	NA
Tour Max	222	3.19	284	4	4.5	NA	3994	NA	NA	NA	NA

	Zero Watts		Per Kilogram of Body Weight																Relative to RPE (1-10)									
	%	min	Time (%)								Time (min)								Time (%)			Time (min)						
			0-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	>9	0-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	>9	<H	H	>H	<H	H	>H
Today	19.6	58.4	24.3	11	13.2	14	13	11.6	6.8	2.9	1.4	1.6	72.41	33.1	39	42	39.04	34.6	20.3	8.64	4.17	4.8	63	25	13	186	73	38
Tour Avs	20.5	62.0	26.1	13	14.2	14	12	9.5	6	2.6	1.3	1.4	79	37	41	41	36	28	18	8.1	3.7	4	67	21.6	11.3	197.8	64.23	33.71
Tour Min	17.9	45.0	24.1	11	12.8	13	12	8.2	5.2	2	1.1	1	60	33	39	38	29	21	13	5	3.3	3.4	62.6	19.7	10.1	175.5	49.25	25.25
Tour Max	23.9	80.0	30	14	16.7	15	13	11.6	6.8	3	1.4	1.6	101	43	43	43	39	34	20	10	4.2	4.8	70.2	24.7	12.7	229.8	73.36	37.72
Today	22.1	66.0	27	10	13.2	13	13	11.1	6.32	2.78	1.2	1.3	81	31	40	40	39	33	19	8.3	3.7	4	64.1	24.3	11.7	192.1	72.77	34.95
Tour Avs	23	69.0	28.5	12	14.1	14	12	9.38	5.55	2.62	1.2	1.3	85	34	41	40	36	28	17	7.8	3.5	3.7	67.8	21.5	10.7	200.5	64.38	31.7
Tour Min	17.9	45.0	24.1	9.3	12.7	12	10	6.8	4.1	1.7	0.8	0.8	60	28	35	32	26	17	10	4.3	2.5	2.7	62.5	17.1	8.5	175.5	42.75	21.25
Tour Max	27.4	92.0	32.6	14	16.8	15	14	11.6	6.8	3.3	1.7	2.2	110	44	46	47	42	35	20	10	5.1	5.5	73.5	24.8	12.8	235.2	74.15	38.14

	Average Power (watts)								Distance from Start (km)								# of surges > than w/kg of:			Hydration & Energy Status:					
	Sec		Min				Hour		Sec		Min				Hour		> 6	> 8	> 10	Pre	Post	Δ	% Δ	Bottle Count	Sweat Loss (l)
	5	30	1	5	10	30	1	2	5	30	1	5	10	30	1	2									
Today	972	713	674	406	352	289	266	NA	193	213	213	127	125	192	167	NA	390	110	41	69.9	69.7	0.2	0.2861	12	5.96
Tour Avs	939	623	556	395	349	290	249	NA	181	144	144	117	170	184	121	NA	356	100	34	Est					
Tour Min	889	528	496	369	315	252	214	NA	168	6.4	6.1	3.7	125	158	143	NA	316	94	22	Loss (l)					
Tour Max	972	713	674	409	380	329	267	NA	193	213	213	219	210	202	181	NA	390	110	42	5.36	1.20	1.50	24	3950.806259	
Today	1001	624	556	410	352	286	263	NA	152	176	132	139	121	141	155	NA	357	98	32	Race Food Eaten:					
Tour Avs	957	596	518	386	344	279	245	NA	157	154	136	134	145	148	130	NA	332	100	29						
Tour Min	809	528	463	329	304	235	211	NA	16	6.4	6.1	3.7	4.2	4.9	4.9	NA	245	76	16						
Tour Max	1070	713	674	434	380	329	280	NA	199	213	213	219	210	202	181	NA	394	148	50						

Climb/Feature:	Total Elevation Gain: 1000 meter 3340 feet Cl: 0.005 k 0.18 B/W: 6.8 W: 49.8 76.6																Speed		Estimated Power				Actual		% Diff
	Start (km)	Top	Dist	Grade	Calc	Dist	Top	Total	Dist	Gain	km/hr	m/hr	Roll	Aero	Grav	Total	Power	Watt							
1. Cote de La Haute-Leve (3)	127.4	131	3.6	5.5	5.5083377	304	502	198	8	12	26.34146	1449	28	72	305	405	380	89	6.234872821						
2. Cote de Oneux (3)	151.8	155	3.2	5.1	5.1003711	164	327	163	7	27	25.77181	1313	27	68	276	371	360	87	3.075856321						
3. Cote de Petit (4)	163.8	165.5	1.7	4.7	4.6992979	190.2	270	79.8	3	21	30.44776	1429	32	112	301	445	372	92	16.3915394						
4. Cote de Loorberg (4)	187.7	189	1.3	5.8	5.802049	140.7	216	75.3	2	39	29.43396	1705	31	101	359	491	418	95	14.88391385						
5. Cote de Trintelem (4) KE	199.3	201	1.7	5.1	5.1007402	108.4	195	86.6	3	31.68	28.91156	1473	30	96	310	436	436	92	0.087057568						
5. Le Cauberg (3)	213.7	214.5	0.80	7.3	7.3006284	76.75	135	58.25	1	35	30.31579	2207	32	110	465	607	552	95	9.088794636						



Le Tour 2006: Daily Analysis Report

Stage: Hoy to Saint-Germain, 107 km Wednesday, July 19

Floyd Landis Temp: 85 F / 29 C Humidity: 55 % Heat Index: 87.8 F / 30.98 C

Stage Results: 207.0 km, 41.4 km/hr, 2:57 min GC Results: 212.6 km ridden, 43.4 km/hr, 2:52 min

Place: 23 Time: 4 hrs 59 min 50 sec Gap: 0 min 0 sec Place: 9 Time: 19 hrs 52 min 29 sec Gap: 0 hrs 0 min 16 sec

Race Notes: Today was an easier and more relaxed day for everyone despite Floyd getting a flat tire. Floyd was right up there in the finish. Missed the crash by only about 10 guys. Steadier day.

Power, RPE, Heart Rate, Work, RPE vs. Power, HR vs. Power

Table with columns for Power when Moving, Power when Pedaling, Strain (RPE, HR), and Work or Stress in Kjoules From (Power, RPE, HR). Rows include Today, Tour Avs, Tour Min, and Tour Max for both Power and HR.

Power Distribution

Table showing Power Distribution by percentage of body weight and relative to RPE. Columns include Zero Watts, Time (%), Time (min), and Relative to RPE (1-10) Time (%), Time (min).

Peak Power Output

Table showing Peak Power Output, Surges, and Hydration & Energy Status. Includes columns for Average Power (watts), Distance from Start (km), # of surges, Weight (kg), Bottle Count, and Sweat Loss.

Climbs and Special Features

Table listing Climbs and Special Features with columns for Start (km), Top, Total, Grade, Calc, Total Gain, Speed, VAM, Estimated Power (Roll, Aero, Grav, Total), and % Diff.

Le Tour 2006: Daily Analysis Report

Stage: 1: Libreville to Puyo, 189 km Friday, July 7th

Floyd Landis

Temp: 65 °F / 18 °C Humidity: 80 % Heat Index: 70.1 °F / 21.17 °C

Stage Results: 189.2 km 45.3 km/h 25.1 mph

GC Results: 1,257.6 km ridden 43.2 km/h 26.6 mph

Place: 59 Time: 4 hrs 10 min 17 sec Gap: 0 min 0 sec

Place: 8 Time: 29 hrs 21 min 36 sec Gap: 0 hrs 0 min 36 sec

Race Notes: Wet and rainy today. Today was one of the highest power profiles but for the guys it felt like one of the easiest days because of the cooler weather. Slight tail and cross wind which contributes to the higher workload. But a good day for the day before the TT.

	Power when Moving		Power when Pedaling		Strain		Work or Stress in Kjoules From:			RPE	HR
	Watts	Watts/kg	Watts	Watts/kg	RPE	HR	Power	RPE	HR	Pwr	Pwr
Today	223	3.21	275	3.96	4	NA	3,349	3,415	NA	1.02	NA
Tour Avs	207	2.97	258	3.71	3.72	NA	3,653	3,829	NA	1.05	NA
Tour Min	195	2.81	242	3.48	3.5	NA	3,075	3,113	NA	1.01	NA
Tour Max	223	3.21	276	3.97	4	NA	3,969	4,187	NA	1.09	NA
Yesterday	218	3.09	278	3.9	NA	NA	3,286	NA	NA	NA	NA
Tour Avs	194	2.77	249	3.6	NA	NA	3,444	NA	NA	NA	NA
Tour Min	186	2.68	239	3.4	NA	NA	2,925	NA	NA	NA	NA
Tour Max	231	3.21	292	4	NA	NA	3,994	NA	NA	NA	NA

Power Distribution:

	Zero Watts		Per Kilogram of Body Weight																Relative to RPE (1-10)									
	%	min	Time (%)								Time (min)								Time (%)			Time (min)						
			0-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	>9	0-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	>9	<H	H	>H	<H	H	>H
Today	19	48.0	23.9	11	13	15	13	10.3	7.1	3.6	1.8	1.3	60	28	33	38	33	26	18	9	5	3	63	23	14	157.3	58.3	34.5
Tour Avs	19.6	59.0	25.2	13	14.4	14	13	9.3	5.9	2.8	1.4	1.3	75	39	42	41	37	27	17	8.1	3.9	3.6	67	21.7	11	197.6	63.5	32.7
Tour Min	17.9	45.0	23.5	11	12.8	13	12	7.5	4.8	2	1.1	1	60	28	33	38	29	21	13	5	3.3	2.9	63	19.4	9.4	157.3	49.3	25.3
Tour Max	23.9	80.0	30	16	16.7	16	14	11.6	7.1	3.6	1.8	1.6	101	52	50	45	40	34	20	10	4.5	4.8	71	21.7	14	229.8	73.4	37.7
Yesterday	21.6	54.0	26.5	10	13.1	14	13	10	6.5	3.5	1.6	1.5	66	26	33	36	32	25	16	8.8	4.1	3.7	64	22.8	23	160.4	57.1	32.8
Tour Avs	22.2	63.0	27.8	12	14.1	14	12	9.2	5.5	2.6	1.3	1.4	79	35	40	38	34	26	15	7.3	3.5	3.6	68	21.4	11	192	60.3	29.7
Tour Min	17.9	45.0	23.5	9.1	12.4	12	10	6.8	4	1.7	0.8	0.8	60	23	31	32	26	17	10	4.3	2.5	2.7	63	17.1	7.6	157	42.8	21.3
Tour Max	27.4	92.0	32.6	16	17	15	14	11.6	7.1	3.8	1.8	2.2	110	52	55	47	42	35	20	10	5.1	5.5	74	24.8	14	235.2	74.2	38.1

	Average Power (watts)									Distance from Start (km)						Surges			Hydration & Energy Status						
	Sec		Min			Hour				Sec		Min		Hour		# of surges > than w/kg of:			Weight (kg)			Bottle Count	Sweat Lost (l)		
	5	30	1	5	10	30	1	2	5	30	1	5	10	30	1	2	> 6	> 8	> 10	Pre	Post	Δ	% Δ		
Today	825	550	494	422	348	284	246	NA	189	136	29	28	183	15	3	NA	416	121	25	70	69	1	1.4286	8	4.84
Tour Avs	897	598	537	407	349	288	262	NA	190	131	143	67	154	158	117	NA	360	102	30	Est				%	
Tour Min	825	528	494	369	315	252	214	NA	168	6	6	4	10	15	3	NA	316	94	22	Loss (l)				GME	Keals
Tour Max	972	713	674	422	380	329	346	NA	207	213	213	219	218	202	181	NA	416	121	42	4.52	1.16	1.45	24	3333.53241	
Yesterday	955	589	534	427	348	281	246	NA	101	91	32	27	64.5	37.8	8.3	NA	337	106	26	Race Food Eaten:					
Tour Avs	949	600	533	398	346	280	248	NA								NA	312	98	28						
Tour Min	809	528	463	329	304	235	211	NA								NA	225	72	16						
Tour Max	1134	713	674	446	380	329	346	NA								NA	416	148	50						

Climb/Feature:	Total Elevation Gain													Speed		Estimated Power			Atrial		% Diff
	Start (km)	Top (km)	Total (km)	% Grade	Calc Grade	Start Elev	Top Elev	Total Gain	Time (min)	Time (sec)	km/hr	m/hr	Roll	Aero	Grav	Total	Power	% kg			
1. Cote de la Huniere (3)	25.8	27.5	1.7	6.7	6.7002837	117.35	231	113.65	4	2	25.28926	1691	27	64	356	447	438	6.30	1.958338726		



Le Tour 2006: Daily Analysis Report

Stage: **Bardonecchia to Davos, 169.3 km** Tuesday, July 11th

Floyd Landis Temp: 77 °F / 25 °C Humidity: 50 % Heat Index: 78.6 °F / 25.89 °C

Stage Results: 1:09 hrs 47 min 29 sec GC Results: 1:08 hrs 42 min 20 sec

Place: 20 Time: 3 hrs 35 min 24 sec Gap: 0 min 0 sec Place: 0 Time: 38 hrs 15 min 17 sec Gap: 0 hrs 0 min 0 sec

Race Notes:

Power, RPE, Heart Rate, Work, RPE vs. Power, HR vs. Power											
	Power when Moving		Power when Pedaling		Strain		Work or Stress in Kjoules From:			RPE	HR
	Watts	Watts/kg	Watts	Watts/kg	RPE	HR	Power	RPE	HR	Pwr	Pwr
Today	203	2.96	234	3.42	3.5	NA	2,624	2,682	NA	1.02	NA
Tour Avs	209	3.02	258	3.72	3.81	NA	3,547	3,728	NA	1.05	NA
Tour Min	195	2.81	234	3.42	3.5	NA	2,624	2,682	NA	1.01	NA
Tour Max	227	3.27	276	3.97	4.5	NA	2,969	4,187	NA	1.09	NA
Today	192	2.88	236	3.4	n	NA	2,579	n	NA	n	NA
Tour Avs	207	2.96	263	3.8	n	NA	3,473	n	NA	n	NA
Tour Min	195	2.75	234	3.4	n	NA	2,535	n	NA	n	NA
Tour Max	237	3.41	298	4.3	n	NA	3,969	n	NA	n	NA

Power Distribution																												
	Zero Watts		Per Kilogram of Body Weight															Relative to RPE (1-10)										
	%	min	Time (%)										Time (min)					Time (%)			Time (min)							
			0-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	>9	0-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	>9	<H	H	>H	<H	H	>H
Today	13.4	29.0	20.6	19	19.3	15	9.8	6.9	4.5	2.9	1.4	1.5	44	40	41	31	21	15	10	6	3	3	73	17	10	157	35.9	22.1
Tour Avs	18.6	54.0	24.1	14	15	14	12	9.25	5.8	2.84	1.4	1.3	70	38	42	40	35	26	16	8	3.8	3.5	67	21.5	11	190	61.1	31.73
Tour Min	13.4	29.0	20.6	11	12.8	13	9.8	6.9	4.5	2	1.1	0.9	44	28	33	31	21	15	9.7	5	3	2.9	63	16.7	9.4	157	35.9	22.15
Tour Max	23.9	80.0	30	19	19.3	15	14	11.6	7.1	3.6	1.8	1.6	101	52	50	45	40	34	20	10	4.5	4.8	73	24.9	14	229.8	73.36	37.72
Today	15.6	34.0	22.7	18	19	14	9.5	6.6	4.35	2.8	1.3	1.8	49	39	41	30	20	14	9.4	6	2.8	3.8	75	16.1	10	158.9	34.58	21.98
Tour Avs	21.1	61.0	26.5	13	14.3	14	12	9.12	5.74	2.92	1.4	1.5	76	35	39	38	34	26	16	8.1	3.8	4	67	21.1	12	188.3	59.88	32.09
Tour Min	13.4	29.0	20.6	9.1	11	12	9.1	6.3	4.2	2	1	0.9	44	23	28	30	20	14	9.1	5	2.6	2.9	59	15.4	9.4	149.4	33.26	21.82
Tour Max	26.8	90.0	31.6	19	19.3	15	14	12	7.5	4	2	2.2	106	52	50	45	42	34	20	10	5.1	5.6	75	25.7	5.7	229.8	73.8	40.04

Peak Power Output												Surges			Hydration & Energy Status															
	Average Power (watts)							Distance from Start (km)					# of surges > than w/kg of:			Weight (kg)			Bottle	Sweat										
	5		30		1		5		10		30		1		2		5		10		30		1		2		Count	Loss (l)		
	Sec	Min	Hour	Sec	Min	Hour	Sec	Min	Hour	Sec	Min	Hour	Sec	Min	Hour	Sec	Min	Hour	Pre	Post	% Δ	Est	Sweat Rates	%	Loss (l)	U/mjoule	GME	Kcals		
Today	961	912	537	419	333	274	257	n	167	167	167	165	160	142	115	n	n	305	89	26	69	68	1	1.4493	8	4.84				
Tour Avs	906	655	533	409	348	290	265	n								n	n	358	102	31	Est			%						
Tour Min	825	528	494	369	315	252	214	n								n	n	305	89	22	Loss (l)	3.54	1.35	1.84	24	2611.880873				
Tour Max	972	912	674	422	380	329	346	n								n	n	416	121	42										
Today	1030	768	511	373	320	266	255	n	142	165	139	164	159	141	113	n														
Tour Avs	985	614	525	402	345	283	252	n								n														
Tour Min	825	528	463	327	306	250	211	n								n														
Tour Max	1211	912	674	429	380	329	346	n								n														

Climbs and Special Features												Total Elevation Gain		Speed		VAM		Estimated Power				Accum		%
Climb/Feature:	Start (km)	Top (km)	Total Dist (km)	% Grade	Calc Grade	Start Elev (m)	Top Elev (m)	Total Gain	Time		km/hr	m/hr	Roll	Aero	Grav	Total	Pows	kg	%					
									Min	Sec														
									Roll	Aero										Grav	Total			
ALL FLAT TODAY																								



Le Tour 2006: Daily Analysis Report

Stage: 10 - Cimba-les-Bains to Pau, 170.3 km

Wed July 12

Floyd Landis

Temp: 71 °F / 22 °C Humidity: 60 % Heat Index: 75.9 °F / 24.41 °C

Stage Results: 170.3 km 3:53 2:27 avg

GC Results: 5 km/hr 2:27 avg

Place: 50 Time: 4 hrs 56 min 33 sec Gap: 7 min 23 sec

Place: 5 Time: 43 hrs 11 min 50 sec Gap: 0 hrs 4 min 45 sec

Race Notes: First day in the mountains. Pretty big group in the end. All under control. Not too difficult on the climbs.

Power, RPE, Heart Rate, Work, RPE vs. Power, HR vs. Power

	Power when Moving		Power when Pedaling		Strain		Work or Stress in Kjoules From:			RPE	HR
	Watts	Watts/kg	Watts	Watts/kg	RPE	HR	Power	RPE	HR	Pwr	Pwr
Today	246	3.54	309	4.45	5	NA	4,377	4,753	NA	1.09	NA
Tour Avs	214	3.08	264	3.8	3.95	NA	3,645	3,848	NA	1.05	NA
Tour Min	195	2.81	234	3.42	3.5	NA	2,624	2,682	NA	1.01	NA
Tour Max	246	3.54	309	4.45	5	NA	4,377	4,753	NA	1.09	NA
Today						NA			NA		NA
Tour Avs						NA			NA		NA
Tour Min						NA			NA		NA
Tour Max						NA			NA		NA

Power Distribution

	Zero Watts		Per Kilogram of Body Weight													Relative to RPE (1-10)													
	%	min	Time (%)										Time (min)										Time (%)			Time (min)			
			0-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	>9	0-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	>9	<H	H	>H	<H	H	>H	
Today	20.4	60.0	23.8	8.1	9.9	10	14	17.2	9.4	3.4	1.7	1.7	70	24	29	31	43	51	28	10	5	5	52	32	16	154.5	93.5	48	
Tour Avs	18.8	55.0	24.2	13	14.4	14	13	10.1	6.2	2.9	1.4	1.3	70	37	40	39	36	29	18	8.2	3.9	3.7	66	22.6	12	185.8	64.92	33.63	
Tour Min	13.4	29.0	20.6	8.1	9.9	10	9.8	6.9	4.5	2	1.1	0.9	44	24	29	31	21	15	9.7	5	3	2.9	52	16.7	9.4	154.5	35.91	22.15	
Tour Max	23.9	80.0	30	19	19.3	15	14	17.2	9.4	3.6	1.8	1.7	101	52	50	45	43	51	28	10	5	5	73	31.6	16	229.8	93.54	47.95	
Today																													
Tour Avs																													
Tour Min																													
Tour Max																													

Peak Power Output

	Average Power (watts)								Distance from Start (km)								Surges			Hydration & Energy Status															
	Sec		Min			Hour			Sec		Min			Hour			# of surges > than w/kg of:			Weight (kg)			Bottle Count	Sweat Loss (l)											
	5	30	1	5	10	30	1	2	5	30	1	5	10	30	1	2	>6	>8	>10	Pre	Post	Δ	% Δ	70	69	1	1.4286	10	5.8						
Today	889	619	558	456	401	364	329	n	40	4.6	4.6	8.9	143	90	77.2	n	475	141	33	Est	475	141	33												
Tour Avs	904	633	535	414	354	298	272	n								n	371	107	31	Loss (l)	5.91	1.17	1.33	24	4356.78452										
Tour Min	825	528	494	369	315	252	214	n								n	305	89	22																
Tour Max	972	912	674	456	401	364	346	n								n	475	141	42																
Today																																			
Tour Avs																																			
Tour Min																																			
Tour Max																																			

Climbs and Special Features

Climb/Feature:	Start (km)	Top (km)	Dist. (km)	% Grade	Calc Grade	Dist. (km)	Top (km)	Total Gain	Elev. (m)	Speed (km/hr)	VAM (m/hr)	Estimated Power			Actual		% Diff			
												Roll	Aero	Grav	Total	Power		%		
1. Col d'Osquich	44	50	6	5.3	5.3007647	182.4	500	317.6	14	1.68	25.66296	1358	27	67	286	380	347	4.99	8.701231573	
2. Col de Soudet	86.8	101.5	14.7	7.3	7.3010142	469.6	1540	1070.4	44	12.3	19.95249	1453	21	31	306	358	355	5.11	0.955236763	
3. Col de Marie Blanche	140.7	150	9.3	7.6	7.602521	330	1035	705	28	3.36	19.88879	1508	21	31	317	370	365	5.25	1.24501053	



PowerLab Cycling Computer

Address: 451 E. 10th St., Lincoln, NE 68502-2470, Tel: 402-463-7000, Fax: 402-463-7010



Le Tour 2006: Daily Analysis Report

Stage: 1 - Tarbes to Val d'Aspin (Plu de Beret) 200.5 km Thursday, July 13th

Floyd Landis Temp: 71 F / 22 C Humidity: 60 % Heat Index: 75.9 F / 24.41 C

Stage Results: 206.5 km 35.2 km/hr 21.0 mph KJC Results: 1,996.0 km ridden 64.0 hr 21.0 mph

Place: 3 Time: 6 hrs 6 min 25 sec Gap: 0 min 0 sec Place: 1 Time: 49 hrs 18 min 7 sec Gap: 0 hrs 0 min 0 sec

Race Notes: Floyd rode brilliantly today. Looked really at ease and patient. Finished third with Menchov and Levi. In Yellow. Amazing. Power profile looked good. Well within Floyd's limits. Best 30 s, 1 min, 5 min, and 10 min on Col de Portillon. Best 30 min on Beret.

Power, RPE, Heart Rate, Work, RPE vs. Power, HR vs. Power

Table with columns for Power when Moving, Power when Pedaling, Strain (RPE, HR), Work or Stress in KJoules From (Power, RPE, HR), RPE Pwr, and HR Pwr. Rows include Today, Tour Avs, Tour Min, and Tour Max for both 2006 and 2005.

Power Distribution

Table showing Power Distribution by Zero Watts, Per Kilogram of Body Weight (Time % and Time min), and Relative to RPE (1-10) (Time % and Time min). Rows include Today, Tour Avs, Tour Min, and Tour Max for both 2006 and 2005.

Peak Power Output, Surges, Hydration & Energy Status

Table with sections for Peak Power Output (Average Power), Surges (# of surges > than w/kg of), and Hydration & Energy Status (Weight, Bottle Count, Sweat Loss, Est. Loss, Race Food Eaten). Rows include Today, Tour Avs, Tour Min, and Tour Max for both 2006 and 2005.

Climbs and Special Features

Table listing Climbs and Special Features with columns for Start (km), Top (km), Peak (km), % Grade, Calc Grade, Elev. (m), Slope, Total Gain (m), Time (min, sec), Speed (km/hr), VAM (m/hr), Estimated Power (Roll, Aero, Grav, Total), Actual Power (Pavg, %kg), and % Diff. Rows include 1. Col du Tourmalet, 2. Col d'Aspin, 3. Cote de Peyresourde, 4. Col du Portillon, and 5. Puerto de Beret.



Le Tour 2006: Daily Analysis Report

Stage: 17 Luchon to Carcassonne 211.5 km Friday, July 14th

Floyd Landis Temp: 86 °F / 30 °C Humidity: 60 % Heat Index: 91.1 °F / 32.83 °C

Stage Results: 211.5 km, 4:43, 27.3 mph GTC Results: 2,214.0 km ridden, km/hr, mph

Place: NA Time: 4 hrs 46 min 28 sec Gap: 0 min 0 sec Place: 1 Time: 54 hrs 4 min 35 sec Gap: 0 hrs 0 min 0 sec

Race Notes: Breakaway up the road. Team rode up front to keep gap down.

Power, RPE, Heart Rate, Work, RPE vs. Power, HR vs. Power

	Power when Moving		Power when Pedaling		Strain		Work or Stress in Kjoules From:			RPE	HR
	Watts	Watts/kg	Watts	Watts/kg	RPE	HR	Power	RPE	HR	Pwr	Pwr
Today	244	3.56	285	4.16	6	NA	4,199	5,281	NA	1.26	NA
Tour Avs	223	3.21	236	3.92	4.48	NA	3,952	4,413	NA	1.09	NA
Tour Min	195	2.81	234	3.42	3.5	NA	2,624	2,682	NA	1.01	NA
Tour Max	267	3.84	314	4.52	7	NA	5,870	7,619	NA	1.30	NA
Today						NA			NA		NA
Tour Avs	223	3.28	268	3.94	6.3	NA	3,911	5,348	NA	1.34	NA
Tour Min	164 (S21)	2.41	214	3.15	4	NA	2,174 (S21)	2,651 (S21)	NA	0.88	NA
Tour Max	285 (S11)	4.19	314	4.62	10 (S15)	NA	5,620 (S15)	11,286 (S15)	NA	2.01	NA

Power Distribution

	Zero Watts		Per Kilogram of Body Weight																Relative to RPE (1-10)									
	%	min	Time (%)								Time (min)								Time (%)			Time (min)						
			0-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	>9	0-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	>9	<H	H	>H	<H	H	>H
Today	14.3	41.0	18.2	9.8	14.4	16	15	11.9	6.9	3.8	1.8	1.7	52	28	41	46	44	34	20	11	5	5	59	27	14	167.3	78.1	40.6
Tour Avs	18	54.0	22.9	12	13.8	14	14	11.3	6.43	2.96	1.4	1.3	68	34	39	40	43	35	19	8.7	4	3.6	63	25.1	12	180.5	77.84	35.58
Tour Min	13.4	29.0	17.2	5.5	7.9	10	9.8	6.9	4.5	2	1	0.6	44	20	29	31	21	15	9.7	5	3	2.2	42	16.7	9.4	154.5	35.91	22.15
Tour Max	23.9	80.0	30	19	19.3	16	24	21.3	9.4	3.8	1.8	1.7	101	52	50	46	89	78	29	11	5.1	5	73	45.5	16	229.8	166.5	47.95
Today			20.4	11	12.4	14	16	14	7.22	2.91	1.2	1.1	55	29	34	38	45	40	20	8	3	3						
Tour Avs	15	41.2	12.6	5.7	6.9	11	9.1	6.8	3.7	1.7	0.9	0.7	37	16	19	26	20	15	8	4	2	2						
Tour Min		26.0	33.8	16	16.8	17	23	27.9	10.3	4.7	1.7	1.7	104	42	46	48	73	85	31	14	5	5						
Tour Max		84.0																										

Peak Power Output, Surges, Hydration & Energy Status

	Average Power (watts)								Distance from Start (km)								Surges			Hydration & Energy Status							
	5 min		10 min		15 min		30 min		5 min		10 min		15 min		30 min		# of surges > than w/kg of:	Pre	Post	Δ	% Δ	Bottle Count	Sweat Loss (l)				
	Sec	Min	Sec	Min	Sec	Min	Sec	Min	Sec	Min	Sec	Min	Sec	Min	Sec	Min	>6	>8	>10	70	69	1	1,4286	20	10.6		
Today	895	627	533	465	426	331	293	n	93	210	25	22	22.3	8.39	14.3	n	451	133	43	Est							
Tour Avs	900	627	535	421	365	308	280	n								n	392	107	31	Loss (l)							
Tour Min	825	528	494	369	315	252	214	n								n	305	89	22	5.67	2.22	2.52	24	4179.60625			
Tour Max	972	912	674	465	426	377	346	n								n	487	141	43	Race Food Eaten:							
Today																											
Tour Avs	841	555	479	400	360	314	283	255																			
Tour Min	731	465	403	308	283	249	231	193																			
Tour Max	965	645	555	478	435	386	359	315																			

Climbs and Special Features

Climb/Feature:	Start (km)	Total Elevation Gain: 9008 meter, 29520 feet, Cl: 0.005 k, 0.18 BB&W, 7 Wt, 69.5 76.5				Calc	Dist	Elec	Total Gain	Time		Speed km/hr	VAM m/hr	Estimated Power			Actual		% Diff
		Min	%	Roll	Acro					Grav	Total Power			%					
1. Col des ARes	19.8	27	7.2	4.5	4,5003838	473.3	797	323.7	14	11.76	30.43111	1368	32	112	288	437	410	5.90	5.06180349
2. Cote de Pujos	46.2	47.5	1.3	6.4	6,4007641	436.96	520	83.04	2	32	27.2093	1738	29	80	366	454	426	6.13	10.21983625
3. Cote du Pal de Pailhes	121.4	126	4.6	3.6	3,6001569	279.5	445	165.5	9	35	28.8	1036	30	95	218	343	306	4.40	10.84487817
4. Cote de Parmiers	132.1	136	3.9	2.9	2,9037876	293.8	407	113.2	7	37.38	30.69658	891	32	115	188	345	305	4.39	8.851845411